

**Bruins FUNdamentals - Gardner Veteran's Arena**  
**REGISTER BY MAIL, AT THE ARENA, OR ONLINE**

**Save \$10 by registering online**

Skater's Full Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Has your child previously participated in an introductory skating/hockey program? Yes  No

If yes, please specify date and program \_\_\_\_\_

Session I am registering for: Fall I  (9/12-11/6) Fall II  (11/7-1/1) Winter  (1/2-2/26) Spring I  (2/27-4/22)

Program(s) (please use codes): \_\_\_\_\_

Package #1 \_\_\_\_\_

Package #2 \_\_\_\_\_

Package #3 \_\_\_\_\_

CLASS	SESSION	DAY	DATES	TIMES	WEEKS	COST	CODE
Level 1	Fall I	Saturday	9/17-11/5	11:20-12:10p	8 weeks	\$149	09-BEG-FUN-101
	Fall II	Saturday	11/12-12/31	11:20-12:10p	8 weeks	\$149	09-BEG-FUN-201
	Winter	Saturday	1/7-2/25	11:20-12:10p	7 weeks*	\$135	09-BEG-FUN-301
	Spring I	Saturday	3/3-3/31	11:20-12:10p	5 weeks	\$100	09-BEG-FUN-401
Level 2	Fall I	Saturday	9/17-11/5	11:20-12:10p	8 weeks	\$149	09-BEG-FUN-102
	Fall II	Saturday	11/12-12/31	11:20-12:10p	8 weeks	\$149	09-BEG-FUN-202
	Winter	Saturday	1/7-2/25	11:20-12:10p	7 weeks*	\$135	09-BEG-FUN-302
	Spring I	Saturday	3/3-3/31	11:20-12:10p	5 weeks	\$100	09-BEG-FUN-402
Level 3	Fall I	Saturday	9/17-11/5	11:20-12:10p	8 weeks	\$149	09-BEG-FUN-103
	Fall II	Saturday	11/12-12/31	11:20-12:10p	8 weeks	\$149	09-BEG-FUN-203
	Winter	Saturday	1/7-2/25	11:20-12:10p	7 weeks*	\$135	09-BEG-FUN-303
	Spring I	Saturday	3/3-3/31	11:20-12:10p	5 weeks	\$100	09-BEG-FUN-403
Late Starters	Fall I	Saturday	9/17-11/5	11:20-12:10p	8 weeks	\$149	09-BEG-FUN-104
	Fall II	Saturday	11/12-12/31	11:20-12:10p	8 weeks	\$149	09-BEG-FUN-204
	Winter	Saturday	1/7-2/25	11:20-12:10p	7 weeks*	\$135	09-BEG-FUN-304
	Spring I	Saturday	3/3-3/31	11:20-12:10p	5 weeks	\$100	09-BEG-FUN-404

\*No class on 1/28

**How did you hear about us?**

Referred by Coach  Newspaper  FMC Website  Boston Bruins  At the Rink

E-mail Notice  Word-of-mouth  Mailing  Facebook  Other \_\_\_\_\_

**WAIVER AND RELEASE:** I, the undersigned, do hereby acknowledge that in consideration of my child participating in any way in Bruins FUNdamentals classes may be exposed to risk of injury that is inherent in ice skating programs. I hereby acknowledge that Facility Management Corporation, FMC Ice Sports staff and the Boston Bruins Professional Hockey Club are not responsible for any damage or injuries that result from my child's participation in this program. I grant to FMC Ice Sports, its representatives and employees the right to take photographs of my child in connection with the above-identified ice sports program. I agree that FMC Ice Sports may use such photographs for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

*To register by mail, complete the registration form and mail it with payment (check or money order) to the address below.*

*To register at the arena, bring the completed registration form and payment to your local arena.*

*To register online, go to [www.fmcicesports.com](http://www.fmcicesports.com)*

**FMC Ice Sports 100 Schoosett St., Building #3 Pembroke, MA 02359**

**new**

**Step 2**  
**Introduction to Ice Sports**



**FUNdamentals**



Presented by: at&t

**Save \$10,  
 Register  
 online**



**Gardner Veteran's Arena**

**45 Veteran's Drive, Gardner, MA 01440**

**1-888-74-SKATE (Toll Free) 978-632-4310 (Arena)**

**[www.fmcicesports.com](http://www.fmcicesports.com)**



## Requirements

Skaters should have passed Learn to Skate in **Step 1: Beginners**. To ensure skaters are familiar with skating in hockey skates/equipment, it is suggested to enroll them in **Step 2: Introduction to Ice Sports - Pre-Hockey**. Participants should be able to fully function by themselves on the ice in hockey skates and pads, fall down and get up on their own, push off with both feet, take a full stride and have some stopping and backward skating ability before getting into FUNdamentals. If you're not sure if your child is ready for Bruins FUNdamentals, be sure to talk to your Learn-to-Skate instructor, your local FUNdamentals coach or call the FMC Ice Sports hockey department at 1-888-74-SKATE.



### Level 1

This class is designed for participants just out of a Learn-to-Skate and/or Pre Hockey program. We will take them from their first hockey experience to a point where they can begin learning FUNdamental hockey-specific skills. While players are on the ice in full equipment, the primary focus will be on further developing and strengthening their skating skills in a fun atmosphere.

**Key Objectives:** Introduce proper stance • Improve balance and agility  
Enhance starting, stopping, gliding and striding skills • Forward, backward and lateral skating/movement • Introduce basic puck handling

### Level 2

In this class, participants will begin learning key hockey-specific skills that are needed before game play is introduced. Players will further develop their skating ability, as puck control, shooting and passing are introduced at this level.

**Key Objectives:** Teach forehand and backhand passing • Introduce edge control, cross-overs and pivoting  
Teach forward and backward hockey starts and stops • Develop skating and puck carrying skills  
Introduce basic shooting and scoring

### Level 3

Once a skater has developed a strong skating base and learned the basic skills needed to participate in the sport of hockey, it is time to introduce them to the game. Level 3 is geared towards teaching the basic knowledge and rules of hockey, along with developing teamwork; important skills needed to enter into an organized hockey program.

**Key Objectives:** Introduce basic positioning • Develop a fundamental understanding of the rules  
Learn basic teamwork and strategy • Understanding offensive and defensive concepts • Exposure to the various positions on the ice

### Level 4: Late Starters

This program is specifically targeted for skaters aged 9-12 who are new to the sport of ice hockey. Participants will go through the progression of skill development in a program that is tailored to their abilities in a group setting. Skills that will be addressed are puck handling, passing and shooting, as well as the strengthening of skating ability. This program can be taken for multiple consecutive sessions in order to get a player prepared to enter organized youth hockey.

## Package Deals

### PACKAGE ONE



Register for one course and receive a FREE Bruins FUNdamentals Jersey

Jersey  
\$20 Value

### PACKAGE TWO



Register for **two** courses and receive a FREE Bruins FUNdamentals Jersey and a FREE Bruins Hockey Stick.

Jersey & Stick  
\$35 Value

### PACKAGE THREE



Register for **three** courses and receive a **FREE** Bruins FUNdamentals Jersey, a **FREE** Bruins Hockey Stick & a **FREE** Hockey Bag

Jersey, Stick, & Hockey Bag  
\$85 Value



### What's Next?

Step (3) "Skill Building Programs." See your Hockey Instructor for more information or visit us online at [www.fmcicesports.com](http://www.fmcicesports.com)

FMC Ice Sports offers a variety of skill building hockey programs for participants who have completed **Step 2 – Bruins FUNdamentals**. Players can progress to Youth, Jr. High/High School and Adult classes, clinics and special events. Visit our website, [www.fmcicesports.com](http://www.fmcicesports.com), for a list of current class options.

Your Current Program ★

Step (1)  
Beginners

Step (2)  
Introduction to Ice Sports

Step (3)  
Skill Building Programs

Leagues, Tournaments, & Events

### Pure Hockey Special



Bruins FUNdamentals participants can take advantage of a special offer from Pure Hockey! Purchase a starter package for only \$159 (\$239 value) that includes all your gear, hockey stick and skates. Packages are available at all Pure Hockey locations and available online at [www.purehockey.com](http://www.purehockey.com)

\*Shipping not included. While supplies last. Some restrictions may apply. Offered through Pure Hockey.